DEA (diethanolamine), MEA (monoethanolamine) & TEA (triethanolamine): hormone-disrupting chemicals that have been linked to cancer. These chemicals are already banned in Europe but are still used in U.S. despite the fact that we may be exposed to them 10-20 times per day. Common in shampoos, shaving creams, and bubble baths.

DMDM Hydantoin & Urea (Imidazolidinyl): Two preservatives that release **formaldehyde**, which is extremely harmful.

Fragrance: found in all types of personal care products and is usually a combination of dozens of chemicals which by law are not required to be disclosed by the industry. Many hormone disrupting chemicals are often found hiding under the term "fragrance".

Methylisothiazolinone and methylchloroisothiazolinone: preservatives that have been shown to be neurotoxins.

Polyethylene Glycol (PEG): potentially carcinogenic petroleum ingredient that can also alter and reduce the skin's natural moisture factor which could increase appearance of aging and leave you vulnerable to bacteria.

Propylene Glycol (PG) and Butylene Glycol: Because PG penetrates so quickly, the EPA warns against skin contact to prevent consequences such as brain, liver, and kidney abnormalities. Commonly used as a thickener in products and common in deodorants.

Parabens (**Propyl, Isopropyl, Butyl**, and **Isobutylparabens**): estrogen-mimicking preservatives found in breast cancer tumors. Parabens may also disrupt the endocrine system and cause reproductive and developmental disorders.

PEG/Ceteareth/Polyethylene compounds: frequently contaminated with 1,4 **dioxane**, which is a carcinogen.

Petroleum-based products: Commonly found in mascara and lotions and are often contaminated with cancer-causing impurities. Petroleum coats the skin, clogging pores and interferes with the skin's ability to eliminate toxins.

Phthalates: A growing number of studies link this chemical to reproductive system disorders.

Resorcinol: Common ingredient in hair color and bleaching products—skin irritant, toxic to the immune system and frequent cause of hair dye allergy. The federal government regulates exposures to resorcinol in the workplace, but its use is not restricted in personal care products.

Retinyl palmitate and retinol (Vitamin A): Vitamin A is an essential nutrient, but studies show that excessive amounts can cause birth defects if women are exposed during pregnancy New evidence shows that when applied to sun-exposed skin, for instance, in sunscreens, lip products and daytime moisturizers, these compounds can break down and produce toxic free radicals that can damage DNA and may lead to skin cancer.

Sodium Lauryl Sulfate (SLS) & Sodium Laureth Sulfate (SLES): Used in 90% of personal care products that foam. When combined with other chemicals may be transformed into carcinogens.

Triclosan & Triclocarban: Antibacterial ingredient common in soaps and soap bars. Have been shown to disrupt thyroid function and the reproductive system. Overuse may promote the development of bacterial resistance. Negatively affects fertility and temporarily deactivates sensory nerve endings.

Toluene: A potentially dangerous petrochemical and neurotoxin.

Convenient list you can carry with you:

Butylene Glycol
DEA (diethanolamine)
DMDM
Fragrance
Hydantoin
MEA (monoethanolamine)
Methylisothiazolinone
Methylchloroisothiazolinone
Polyethylene Glycol (PEG)
Propylene Glycol (PG)
Parabens (**Propyl, Isopropyl, Butyl**, and **Isobutylparabens**)
PEG/Ceteareth/Polyethylene compounds
Petroleum-based products
Phthalates
Resorcinol
Retinyl palmitate and retinol (Vitamin A)
Sodium Lauryl Sulfate (SLS) & Sodium Laureth Sulfate (SLES)
TEA (triethanolamine)
Triclosan & Triclocarban
Toluene
Urea (Imidazolidinyl)

*** Disclaimer:** I am not a chemist or a scientist and this is not a complete list of ingredients to avoid. This product information falls under the California's Safe Cosmetic Act, Proposition 65 list of chemicals that cause cancer or reproductive toxicity and some are also listed in the database developed by the Environmental Working Group.